

**POWERHOUSE GYM**  
**16251 Woodward**  
**Highland Park, Mi. 48203**  
**(313) 868-1035**

**Powerhouse Gym Highland Park**  
**is the first and original Powerhouse**  
**founded by Will and Norm Dabish in 1974.**

**Hours of operation are**  
**from 6am to 11pm Mon – Fri. and 8am to 8pm Sat/Sun**

### **Membership includes**

#### **Cardiovascular Equipment**

**Treadmills, Upright bikes, Recumbent bikes, Stairmasters**  
**Free climbers, Step mills, Elliptical trainers**

#### **Circuit Training**

**Icarian, Cybex classic,**  
**Cybex gallio, Hammer strength P.L.**

**Over 20 nationally certified trainers,**  
**free orientation session,**  
**free health and**  
**fitness evaluation**  
**Locker rooms, saunas, showers**

**10% percent discount of the one**  
**year annual membership to all**  
**State Employees showing their**  
**state employee ID card.**  
**(\$250.00)**

<http://www.powerhousegym.com>